

DREAM WISDOM



September 26 – 28, 2008
7:15 p.m. Friday – 2:00 p.m. Sunday

A Retreat for Men and Women

Directed by Lynne Larson

Dominican Retreat
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Everybody Dreams

The Divine Creator formed us as beings who dream with purpose. While our conscious minds are at rest, we experience dreams that provide a link between our personalities and our higher selves. Dreams tell our stories; they are parables with layers of meaning. Dream study is about understanding how this meaning unfolds and is integrated into our daily lives. It is more about *listening* than becoming an expert analyst.

As we open ourselves to the gift of dreaming, we can also use dreams to evaluate decisions, seek guidance and resolve conflict. Told through symbols and imagery, dreams literally reveal our feelings and offer concrete messages about personal growth, life purpose and relationships. Dreams are part of the journey of growth—physical, mental, emotional and spiritual.



Open up to the transforming power of your dreams as you learn how to

- remember, record and reflect dreams
- ask for a dream to evaluate a decision
- recognize obstacles and work with them
- recognize archetypes and personal imagery
- use step-by-step guidelines to talk out your dreams
- identify affirmations and apply them
- tune into the logic of symbols
- let go of old habits, old thinking, old guilt
- welcome and work with new ways on your rightful path

The weekend will also include some dreams of the saints and other famous people, common dream themes and symbols, and many, many examples of dreams and resolution

plus

An Archetype Fashion Show

Whose dreams have provided wisdom through the ages?

St. Dominic and His Mother, St. Joan of Aza	John Newton	Charles Dickens
St. Francis of Assisi	Abraham Lincoln	George Washington
Julian of Norwich	Samuel Taylor Coleridge	Salvadore Dali
Mary Shelley	Elias Howe	Helen Keller
Robert Louis Stephenson	Jack Nicklaus	Stephen King
	Paul McCartney	

Lynne Larson, M.A. has been attending retreats at Dominican Retreat since 1977. In 2006 she directed the weekend on Julian of Norwich, the 14th century English mystic, for the Profound Thinkers, Prolific Writers Series. Dream interpretation has been her special interest for over thirty years, during which she has studied thousands of dreams. She teaches and conducts dream workshops and works with individuals privately. She also holds centering retreats with Fr. Bill Sheehan, OMI, as the retreat director and is active in a Virginia Beach centering prayer group.

The Dominican Retreat in McLean, VA is a unique place to deepen our relationship with the God of our understanding. Set apart from the routine of our daily lives, our programs provide peaceful surroundings, thoughtful input and time for reflection and sharing. The retreat house sits on 12 acres just a few miles outside Washington, D.C. There is a central meeting room, small lounges and an intimate chapel overlooking a wooded landscape. The overnight accommodations include single, private rooms. Meals and linens are provided. Please bring a bathrobe as showers/lavatories are down the hall from your room. You may also want to bring a clock and a notepad for journaling. The weekend will begin with registration at 7:15 p.m. Friday and end at 2:00 p.m. on Sunday. Dominican Retreat is rooted in the Roman Catholic tradition, but is open to people of all faith traditions.